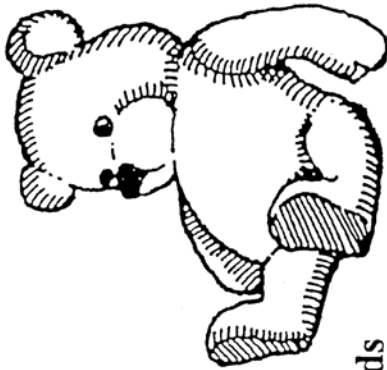




A Guide for Feeding Your Baby

Birth to Eight Months



Suggested Ages and Growth Clues for Adding New Foods

Age	Growth Clues for Adding Foods	Foods to Introduce
birth to 4 months	Baby can: <input checked="" type="checkbox"/> Suck and swallow liquid <input checked="" type="checkbox"/> Push tongue out	Breast milk or Iron-fortified infant formula Continue to feed baby breast milk or iron-fortified infant formula throughout the first year.
4 to 6 months	Baby can: <input checked="" type="checkbox"/> Sit with support <input checked="" type="checkbox"/> Hold head steady <input checked="" type="checkbox"/> Take food off spoon with mouth and swallow it easily	Four Months: Baby cereal--Rice, then oatmeal or barley Feed cereal from a spoon Six Months: Fruit juice with vitamin C added Use a small cup to give your baby juice
6 to 8 months	Baby can: <input checked="" type="checkbox"/> Grab and hold onto things <input checked="" type="checkbox"/> Sit without support <input checked="" type="checkbox"/> Begin to chew	First: Strained, pureed or mashed, cooked vegetables Strained or mashed soft fruits Soft fruits do not have to be cooked. Later: Strained meat; cooked, mashed dry beans; cooked finely chopped chicken; cooked, boned fish

Some Important Things to Remember

Relax and hold your baby close during feeding.

Love is important for your baby's health.
Do not prop bottles or put baby to bed with a bottle.

Bottles are for breast milk and formula only.

Feed your baby cereal in a dish using a small spoon.
Give your baby small amounts of water or juice in a cup.
Many families find a cup with a spout or sipper top works well.
Do not put KoolAid or other sweet drinks in your baby's bottle or cup.

Add one new food at a time.

Wait five days before giving your baby another new food.
This gives your baby time to adjust to the new food.
It is easier to tell which food might have caused an allergic reaction.

Do not heat bottles in the microwave.

Microwaves heat unevenly and may cause hot spots which can burn your baby.

Feed your baby from a bowl, not the jar.

Put a small amount of your baby's food in a small bowl.
After your baby is done eating, throw away any food left in the bowl.

Do not give honey to your baby.

It can cause infant botulism, a deadly disease.

Never force baby to finish a bottle or food.

Your baby is the best judge of how much to eat.

